

Indoor Soccer Rules 2016/17 (amended October 13th 2016)

Unless otherwise explicitly stated in these rules, FIFA laws and decisions are always followed.

1. All games are played in the Com Dev Indoor Soccer Park (745 Fountain St. N.) **All parents must be in the seating area and at no time are spectators permitted to enter the curtain area or sit on the field to watch games.**

2. **u4, u5 & u6** teams will play as per the Active Start Program (CYS Indoor Micro Program)

u8 & u10 teams will field **5 players (4 plus Goalkeeper)**. A match may not start if either team has less than 4 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 5 players. The game then begins as soon as the 5th player arrives.

u12, u14 & u18 teams will field **5 players (4 plus Goalkeeper)**. A match may not start if either team has less than 4 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 5 players. The game then begins as soon as the 5th player arrives.

****A Maximum of two (2) coaches are permitted on the Player Bench at a time. **
No children or parents permitted**

3. The match lasts two equal halves of 25 minutes. The game clock will begin the 25 minute countdown on the hour/half hour, regardless if the team is ready. Games will also start whether or not the game official is present. Players are entitled to a 5 minute half-time interval, followed by another strictly timed (by the game clock) 25 minute half. All matches will conclude 5 minutes prior to the hour/half hour. For no reason whatsoever, will a game last longer than the allotted 55 minute time slot. *Finals Games may be reduced in length to allow for trophy presentations.*

4. Once the half time/full time buzzer sounds, all play will come to an immediate stop (similar to the end of a hockey period).

5. **A player must not use equipment or wear anything that is dangerous to himself / herself or another player. No hard casts. There is a concern with players that wear casts (There are many types of casts that are used dependant on the severity of the injury). CYS will determine if they are a danger to other players. CYS asks that the parent/guardian of the player wearing a cast send a picture of the cast to the club so the CYS Head Referee may make a determination. No jewellery (earrings, rings, necklaces or bracelets (friendship or gel) of any kind is permitted on the field!**

If a referee observes a player wearing any jewelry items the player will asked to leave the field and may not return for the remainder of the half. The jewellery must be removed or the player cannot continue to play in the game. Please refer to the CYS casts and jewellery policies.

6. Player footwear must be appropriate for a turf field. Outdoor soccer cleats are preferred! No boots, metal studs or formal shoes.

7. **All players must wear shin guards.** Shin guards must be covered entirely by socks or pants.

8. The penalty area encompasses all space inside the yellow box in front of the goal.

9. The penalty spot will be marked by the referee. The distance will be 8 yards from the goal line. All players must be outside the penalty area and behind the ball before the kick can be taken. The GK must be on the goal-line. The play is live once the ball is kicked.

10. The field of play has four touchlines. Balls out of play on the sidelines will result in an **indirect kick-in**. For kick-ins, **the ball may be placed 1 foot inside the line** (to compensate for space restrictions). Balls out of play on the goal lines will result in a goal-kick/corner kick.

11. Kick-offs can be played in any direction but may only be touched once by a single player. All opponents must be at least **4 yards** away in their own half from the ball at Kick-offs.

12. The ball is out of play if it passes completely over one of the four touchlines.
13. All fouls will result in an indirect free kick. Direct kicks will not be awarded in indoor soccer (with the exception of a penalty shot).
14. Opponents must be at least **4 yards** away from the ball on restarts. The only time defenders may be closer is if they are on their own goal line, between the posts.
15. If directly off a restart (kick-in, free-kick, goal-kick, the ball is kicked into the opponents' goal directly, a goal kick is awarded. If directly off of a restart the ball is played into a players own goal, a corner kick is awarded to the opponents. Note: a goal can be scored directly from a drop ball (including own goals).
16. Penalty kicks are awarded against players who commit penal offences within their own penalty area. See above in Number 9 for explanation
17. The goalkeeper **CAN** kick or throw the ball over half. They **CANNOT** score by throwing the ball into the opposing net. The goalkeeper can kick the ball from their hands, throw ball or kick from the turf, but once the goalkeeper places the ball on the turf the ball becomes live and in play and the attacking team can score. If the ball is put on the ground and picked back up by the goalkeeper an indirect free kick will occur for the opposing team.
18. Drop balls restart the game for any reason not mentioned elsewhere.
19. Substitutions are unlimited. They may occur at these stoppages: goal kicks, kick-offs, and kick-ins. They may not occur at corner kicks, penalty kicks, or free kicks. **Substitutions may NOT be made on the fly.** Substitutes must remain on the team benches when not playing. They must remain within 2 (two) yards of the bench at all times. (Benches must be placed strategically on sidelines for fields 1 and 3. On Field 2 each team will be to the far side of the goal it is defending. Teams from field 2 (because of space limitations) will **NOT** change ends and will **NOT** change player benches at half time. On fields 1 and 3 teams will change ends at half time but not team player benches.
20. To replace a player with a substitute, the substitute must enter the field from the bench area once the player being substituted has left the field. Players must leave on their own half of the field.
21. For substituting a goalkeeper, the referee must be informed before the change and the change must occur at a goal kick or kick-off or injury.
22. **Players are not allowed to leave their feet to** i) challenge for the ball (slide tackle) or ii) keep the ball in play. They are penalized in the same manner as a penal offence (either an indirect free kick or penalty kick depending on where the infraction occurred). Goalkeepers are permitted to slide when challenging for the ball but may not slide feet-first.
23. Players committing reckless fouls or moderate misconducts are shown a yellow card. This includes the goalkeeper. Players committing fouls of excessive force or major misconducts are shown a red card and their team is penalized for five minutes. Another player must serve the 5-minute penalty. Players who receive red cards may take no further part in the match.
24. There are no offsides.
25. Coaches and Assistants must either sit on the team bench or stand within the length of the team bench. Coaches are not permitted to "roam" along the sidelines.
26. Restarts are considered kick off, kick-in, free-kick, goal-kick, drop ball and half time. If a player touches the ball twice from a restart a free kick will be awarded to the opposing team.
27. Parents/Guardians or children are not permitted on the soccer pads or bench area during or after the games. They must remain in the spectator area.
28. League standings will only be kept in the Under 14 and Under 18 age divisions.

29. There will be NO Game Sheets at Under 8 – 10 – 12. Coaches will be asked to supply a team roster at week 1 to the CYS programs Manager notifying CYS of the jersey numbers given to players.

30. Game sheets at Under 14 – 18 will be provided and must be filled out so that League standings can be kept and referees can be paid.

Retreat Line – AS PER OSA LTPD GUIDELINES (U8/U10/U12)

- The **Halfway line** (half way area) acts as a retreat line on **Goal Kicks**. The opponents must drop off to the **halfway line** to help the Goalkeeper learn to play out from the back. However, if the GK wants to play quickly they can do. **The ball is in play as soon as it leaves the goal area and is touched by a teammate**. The opposition players **cannot** enter the retreat area until a player touches the ball.

On Goal Kicks ONLY

The opponents must drop off to the “Half Way Line” to help the Goalkeeper and players learn to play out from the back

The ball is in play as soon as it leaves the goal area **and is touched by a teammate**
The opposition players cannot cross the “Half Way Line” until a player touches the ball
To assist players in this the Referee(s) will inform players to retreat

Further they will inform players when they can cross the retreat line by using the word **“ENGAGE”**

When the Goalkeeper collects the ball with their hands in **“Open Play”** the opponents must drop off to the “Half Way Line”

The ball is in play as soon as it **leaves the goalkeepers hands**

If the Goalkeeper wants to play quickly they can do so (they do **NOT** have to wait for the opposition players to retreat

Heading the Ball (concussions) – (U8/U10/U12)

At u8 – heading the ball is not permitted

If a player unintentionally or deliberately heads the ball the referee will stop the game. The game will be restated with a “Drop Ball” from the place the ball was kicked

At u10 – heading the ball is not permitted

If a player unintentionally or deliberately heads the ball the referee will stop the game. The game will be restated with an “Indirect Free Kick” to the opposition team from the place the ball was headed

At u12 – heading the ball is permitted

If a player heads the ball the referee will NOT stop the game. The game will continue to be played

WATER ONLY ON THE FIELD PLEASE (no other food or drink)!!

